

Juicy Tomato Smoothie

Ingredients:

- 3 cups tomatoes, chopped
- 1 cup no sodium tomato juice
- 1 cup apple juice
- 1 cup carrots, sliced
- 1 cup celery, chopped
- 1 tsp. onion, minced
- 1 cup ice



Place all ingredients into blender and blend until smooth. Serve immediately.

Serves 4

Nutrient Analysis per serving

Calories 90

Protein 2 g

Fat 1 g

Carbohydrate 20 g

Sodium 95 mg

Cholesterol 0 mg

For more ideas visit: [CDC, 5 a day Program](#)